

LARS MEIDELL:

TOP 20 FOOD LIST TO GET SHREDDED FOR SUMMER

PS: Calories can vary depending on brand and country.

1. Whole eggs + egg whites	[70cals, 7g protein per egg]
2. Ground beef 4% fat	[120 cals, 20g protein per 100g]
3. Black beans	[120 calories, 8g protein per 100g]
4. Spinach tortilla wraps	[click for recipe here 500 cals, 60g protein]
5. Venison	[143 calories, 26g protein per 100g]
6. Rice cooked in bone broth	[400 calories, 20g protein per 100g]
7. Pineapple/watermelon	[30 calories, 0.6g protein per 100g]
8. Chicken breast	[111 calories, 20g protein per 100g]
9. Cottage cheese pancakes	[click for recipe here , 700 cals, 55g protein]
10. Frozen berries	[40 calories, 1g protein per 100g]
11. Lean ground turkey	[149 calories, 20g protein per 100g]
12. Arugula salad	[25 calories, 2.6g protein per 100g]
13. Bell pepper taco boats	[click for recipe here , 470 cals, 59g protein]
14. Ham	[98 calories, 17g protein per 100g]
15. Greek yogurt	[59 calories, 10g protein per 100g]
16. White fish	[70-100 calories, 18-20g protein per 100g]
17. Protein powder	[100-200 calories, 20g protein per 100g]
18. Tofu	[70 calories, 8g protein per 100g]
19. Quinoa	[370 calories, 14g protein per 100g]
20. Shirataki noodles	[10 calories, 0 protein per 100g]

Add these **3 lifestyle habits** that ALL my clients do for rapid fat loss:

1. Intermittent fasting for 16 hours, 8 hour eating window

- Drink black coffee to blunt hunger
- Break fast with high protein meal

2. 10k steps per day as cardio (burns 500 calories a day, 3500 a week)

- Morning or evening after dinner are best times

3. Drink 2-3L water per day

- Better workout performance
 - Better metabolism
 - Less hunger cravings
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